



# Living in a New World: Superfoods & Detox

So many people these days are talking about detoxifying their bodies. I think intuitively, people understand that they may not be feeling their best and realize that we are constantly exposed to toxins that need to be addressed. Toxins can attack us from many sources:

## Genesis 1:11-12

**The Creation of the World** - And God said, "Let the earth sprout vegetation, plants yielding seed, and fruit trees bearing fruit in which is their seed, each according to it's kind, on the earth." And it was so. The earth brought forth vegetation, plants yielding seed according to their own kinds, and trees bearing fruit in which is their seed, each according to its kind. And God saw that it was good.

## Revelation 22: 1-2

**The River of Life** - Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city; also, on either side of the river, the tree of life with its twelve kinds of fruit, yielding its fruit each month. The leaves of the tree were for the healing of the nations.

## Environmental

**Foods (GMO, processed foods)**

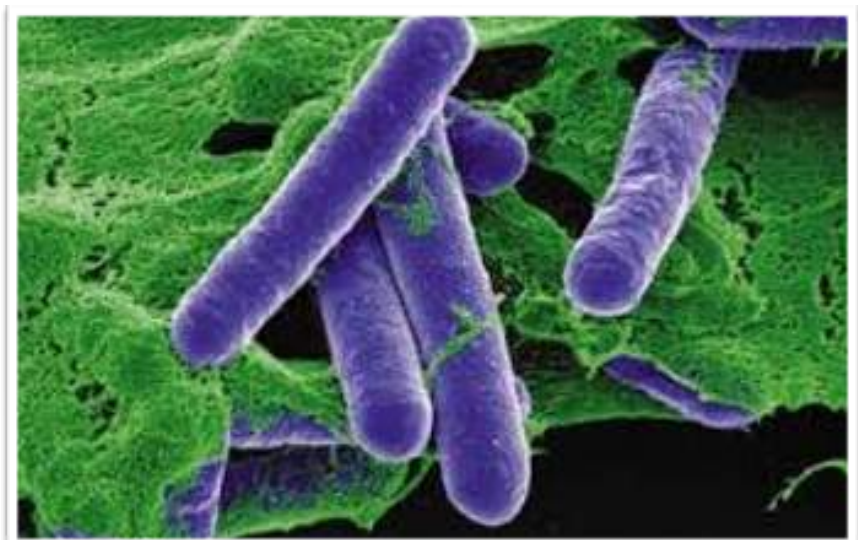
**Treated water (flouridated)**

**Pesticides**

**Household & personal cleansers**

**Medications/drugs**

**Air pollution/smoke**





**Reality Check!**

◆ Do you believe there is such a thing as chemtrails or geoengineering? This is certainly a hot button topic for many households. Most people find it difficult to believe that there are certain people within our own government who would support poisoning our air, water or food. Well, *Montesanto* certainly didn't mind, neither did *Round Up*. Yet you can still readily find these products on store shelves?? Despite your good nature and belief that people are generally good people, which they are, you may want to dive deeper to find the truth for yourself... don't take my word for it!



Superfoods & Detoxification

**Allergens**

**Geochemical engineering**

*Well, When you go back and think about it...*

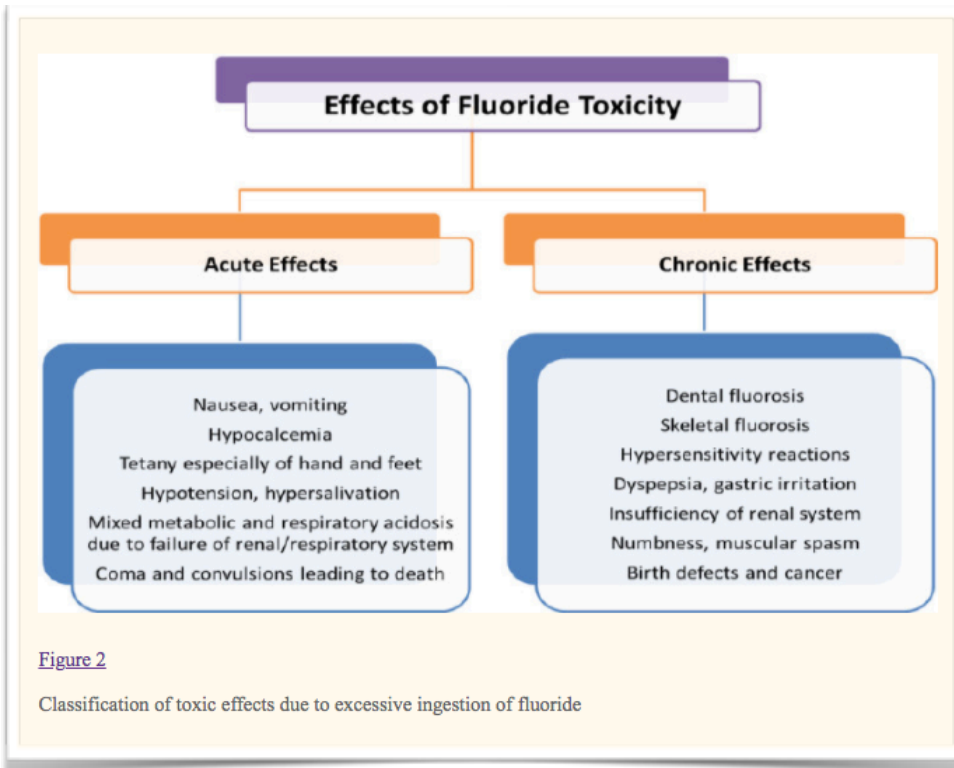
When I was in elementary school, I remember the teachers lining us up for our flouride treatment. We would be given a small paper cup and told to swish and spit. Same thing in those early days at the dentist's office, "don't forget to get that flouride treatment". "Be sure that you're brushing your teeth 3 times a day with toothpaste containing flouride!!!" "Now as a public service, we will be adding flouride to the city water.....to protect YOU."

Flouride is good for our teeth, right? It makes them stronger and protects the enamel.....right? Hello?



How old were you when you learned that flouride is actually a heavy metal that is HIGHLY toxic to humans? I am ashamed to say, as a previously duped healthcare professional, I was 45 years old before I learned the truth. And this was just the first of the many truths to come where I would have to swallow my pride and set my ego aside.

Along with the acute and chronic effects that are listed in the graphic, excessive flouride also creates deposits that calcify the pineal gland, considered to be the “seat of the soul” responsible for our spirituality.



According to an study, published in the National Institutes of Health (NIH) database, researchers reported the following:

“(a) As flouride comes in contact with moisture this results in the formation of hydrofluoric acid and this acid formation results in burning of tissues due to low pH.

(b) Inhibition of nerve impulse or nerve function is due to the fact that calcium forms chemical complexes with flouride leading to hypocalcemia and ultimately results in the inhibition of physiological nerve functioning.



(c) Cellular poisoning results due to inhibition of enzymes required for the physiological functioning of cells.

(d) Hypocalcemia and hyperkalemia result in electrolyte imbalance and eventually result in disturbances in cardiac rhythm.

(e) Fluoride is one of the most reactive elements. In the case of a toxic amount of fluoride in the body, fluoride attacks oxygen and disrupt the metabolism resulting in the production of hydrogen peroxide as a product. In addition, fluoride results in excessive production of free radicals that disrupt the antioxidant formation.”

Sooooo fluoride is good for humans, RIGHT???? Sure doesn't sound like it. So why are they adding fluoride to city water and oral care products that are used daily?

### *Holy Cow!!!*

So this is just one of countless examples of the toxins we face in our environment that are built right into our activities of daily living. Brushing your teeth with it, showering in it to be absorbed transdermally, cooking the food you ingest with it.

So now what do you do? This is the question that at first, gave me a little bit of a panic attack, if I am completely honest. Then add to it the genetically modified foods (GMOs), not to mention the toxic household cleaners, soaps, shampoos, lotions, skin care products, makeup, bug killers and all the rest. To that end, the poor guy who came soliciting his pest



control business at my door looked at me like a deer in the headlights when I asked him to list the chemical ingredients of the pest control products he uses that are “pet safe”. Ummmmm not organic dude.....move along, thanks but no thanks, I’ll make friends with the bugs.

Once I really started to dig in and research about these different toxins, I ended



up going through my pantry and tossing out anything that was suspect. Some of these food products even utilize aborted fetal cells in the development of their products...not on my watch!! I must say, it was a traumatic experience, but I am now wiser for it and will never look back. Luckily, a new friend was willing to share her knowledge about natural products and was even kind enough to take me around the Co-Op to show me a different way to shop and read labels. As someone who would typically just buy the same products over and over again, I admit I felt intimidated, but I just couldn’t

possibly in good conscience buy any of these ever again. It made me sick to my stomach to think of what kind of evil exists that they would knowingly poison people this way.

### *Awareness to Action*

So now that you are a little more aware of the toxins to which you and your family are exposed, how can we mitigate the effects of these toxins.

I’ve said it before and I’ll say it again....boost your immune system. A strong immune system, God’s perfect mechanism to protect the homeostasis of the body is the first key to optimal wellness. Vitamins and supplements can be a helpful tool, as long as they are biochemically pure and taken in proper dosages.

(See Newsletter #1: Immune Boosting: First Line of Defense for some suggestions.) Secondly, EAT BETTER! Due to the depletion of nutrients of the soils in which much of our food is grown, supplementation may be needed, but a good, wholesome, non-GMO, non-processed whole foods diet is a key step in maintaining optimal health and immunity.

### *Superfoods Suggestions*

Along these same lines, there are several “super foods” you can incorporate into your daily habits to provide your body with the nutrients your body needs to promote good metabolism, boost immunity and facilitate cellular repair and regeneration. Many of these superfoods come in a powdered form that you can simply add to your foods as you prepare them to incorporate them into your diet.

I personally get tired of searching the bulk section at the store so there are a couple of resources I will share with you where I order these items online:

[starwest-botanicals.com](http://starwest-botanicals.com)

[nuts.com](http://nuts.com)



Here are some superfoods that I am using and would suggest looking into:

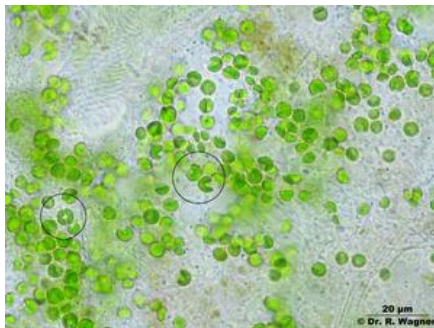
**Spirulina** - A blue-green algae that has a smoky, seaweed-like taste that blends well with beverages and foods. I put this one in my morning smoothies (1 teaspoon) for an extra kick of nutrition. Can also be added to guacamole or

sprinkled into your favorite pasta dish, especially with pesto, or sprinkle a bit on your salad!

**Benefits:** Immune boosting, vegan and gluten free. Has alkaline properties to help balance stress hormones. Energy booster!



**Chlorella** - An all-natural way to cleanse and detoxify. The fibrous cell walls of this green algae is believed to **bind to heavy metals**, synthetic chemicals and other toxins. Powdered chlorella products have cracked cell walls so that our bodies can easily absorb the protein, vitamins and minerals chlorella offers.



**Benefits** - supports weight loss, promotes younger looking skin due to high antioxidant concentrations, reduces oxidative stressors, boosts the immune system.

**Organic Maca** - Comes from an adaptogenic root and has a slightly sweet taste. Starting with 1/2 tsp per day and increase to 1-2 tsp per day. Add to milkshakes, hot cocoa, oatmeal or sprinkle over fruit. (Be sure to add to hot foods after cooking, not during.)

**Benefits** - known to improve energy, reduce stress and boost libido. Maca is a good source of fiber, iron, magnesium, calcium and amino acids.

**Organic Beet Powder** - I'm personally not a fan of beets so this is a great way to get the benefits without actually eating them. Good source of potassium, phosphorus, magnesium and calcium. Add to soup, smoothies, pasta, etc.

**Benefits** -strong antioxidant to combat free radicals.

### *More About Detoxification*

Finally, I would like to submit the MOST IMPORTANT advice to share with you in our Members Only page. In the newest Members post, I have shared the Natural Earth Detoxification that includes FOUR important detoxifiers to rid your body of these unwanted, unneeded and damaging toxins and heavy metals.

Please go to the Members page, and sign up FREE to review this amazing protocol to help you regain your health, and start feeling better! Until next time... keep boosting that immune system. We can all make little changes at a time to help us achieve our optimum health for a very bright future. More to come.....



## *Meet Cornelia*



Cornelia is built for speed. She's sleek and red like a race car and therefore , very fast and elusive. This week, Cornelia was the very first of our gals to present us with eggs!!! Looks like she's first off the starting line! We here at Stanton Ranch are grateful for her gifts.

Your Creator is calling out to you. Speak to Him and ask for guidance.

Then listen for His answer.

God bless you in health and healing.

